



Creamy Spinach Dip



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



59 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons optional: dill chopped
- ☐ 1 clove garlic minced
- ☐ 14 oz percent greek yogurt
- ☐ 1 juice of lemon
- ☐ 6 servings salt and pepper
- ☐ 1 shallots minced
- ☐ 10 oz pkt spinach frozen dry thawed chopped

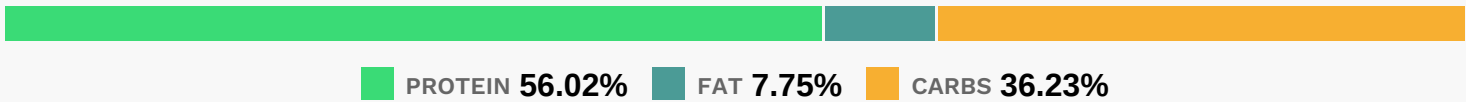
Equipment

☐ food processor

Directions

- ☐ Puree all ingredients in a food processor until smooth. Chill for 30 minutes.
- ☐ Serve with pita bread or crudits.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:0.22, Inflammation Score:-10, Nutrition Score:16.186956530032%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 58.96kcal (2.95%), Fat: 0.53g (0.82%), Saturated Fat: 0.09g (0.59%), Carbohydrates: 5.62g (1.87%), Net Carbohydrates: 4.09g (1.49%), Sugar: 2.93g (3.25%), Cholesterol: 3.31mg (1.1%), Sodium: 253.28mg (11.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.69g (17.37%), Vitamin K: 175.81µg (167.44%), Vitamin A: 5553.89IU (111.08%), Folate: 75.77µg (18.94%), Manganese: 0.36mg (18.09%), Vitamin B2: 0.29mg (17.31%), Calcium: 137.52mg (13.75%), Selenium: 9.51µg (13.59%), Phosphorus: 116.87mg (11.69%), Magnesium: 44.09mg (11.02%), Vitamin E: 1.39mg (9.24%), Potassium: 278.85mg (7.97%), Vitamin B12: 0.46µg (7.72%), Vitamin B6: 0.15mg (7.34%), Vitamin C: 5.14mg (6.23%), Fiber: 1.53g (6.13%), Iron: 1.01mg (5.62%), Copper: 0.09mg (4.28%), Zinc: 0.64mg (4.28%), Vitamin B1: 0.06mg (4.25%), Vitamin B5: 0.29mg (2.86%), Vitamin B3: 0.4mg (1.99%)